

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended): A system for baking, comprising:

a thin-walled bottom, substantially continuously curvilinearly-formed, of substantially uniform thickness ranging from about .4mm to about 2mm,

consisting of metal;

a thin-walled top, substantially continuously curvilinearly-formed, of substantially uniform thickness ranging from about .4mm to about 2mm,

consisting of metal, for engaging with and enclosing the thin-walled bottom;

wherein the thicknesses of the thin-walled bottom and the thin-walled top, via ~~substantially radiative~~ heat directed through the metal of ~~to~~ the thin-walled bottom and the thin-walled top, effect fast heat transfer internally into the system, and the thin-walled bottom combined with the thin-walled top effects convective heating internally inside the system substantially because of the curvilinear formation thereof and without significant pressure inside the system.

Claim 2 (canceled).

Claim 3 (previously presented): The system of claim 1, further comprising:

an implement fixture attached to the top, useable for placing the top in

place on the bottom, removing the top from the bottom, engaging the top with the bottom, and disengaging the top from the bottom.

Claim 4 (original): The system of claim 1, further comprising:

a handle attached to the bottom, useable for handling the bottom.

Claim 5 (original): The system of claim 1, further comprising:

at least one detent of the bottom; and

at least one notch of the top;

wherein the detent is engageable with the notch to locate the top to the bottom.

Claim 6 (currently amended): A system for cooking, comprising:

a substantially continuously curvilinear concave pan having an upper opening;

a substantially continuously curvilinear convex lid engageable with the pan to cover the upper opening forming a substantially continuously curvilinear enclosure;

wherein the pan and the lid consist of metal, and each respectively have a substantially uniform thickness selected from the group consisting of: if aluminum, about 1.4mm to about 2mm; and if stainless steel, about 0.4mm to about 0.7mm; and

wherein respective substantially uniform thicknesses of the pan and the lid effect fast heat transfer internally to the internally curvilinear surfaced enclosure from radiated heat applied externally to the enclosure passing internally through the metal of the enclosure; and

wherein the top engaged with the pan forming the enclosure effects convective heating internally within the internally continuously curvilinear enclosure without significant pressure inside the enclosure.

Claim 7 (canceled).

Claim 8 (canceled).

Claim 9 (currently amended): The system of claim 6, further comprising:

an implement fixture fixed to the lid, having a tine fixture feature.

Claim 10 (original): The system of claim 9, further comprising:

a handle fixed to the pan.

Claim 11 (currently amended): A feature for engaging a top of a cooking utensil via a forked implement, comprising:

a strip with a mediate extension, wherein the extension is formed with a central slit;

a tine fixture rib on the strip accomodatable between forks of the forked implement; and

~~at least one attacher for fixing the strip to a curved surface of the top;~~

wherein the strip is fixed to a curved surface of the top to permit is  
~~laterally, vertically and rotationally movable, lateral, vertical and rotational~~  
movement of the top via manipulating the forked implement engaged with the tine  
fixture between forks of the forked implement.

Claim 12 (currently amended): The feature of claim 11, wherein the strip is curved to at least partially extend above the top when fixed thereto and to permit the forked implement to be inserted in the central slit of the mediate extension to engage the tine fixture between the forks of the forked implement.

Claim 13 (currently amended): The feature of claim 12, wherein the central slit of the mediate extension is sized to accept therethrough the forks of the forked implement in an engaging manner with the tine fixture rib.

Claim 14 (currently amended): A method of cooking a food, comprising the steps of:

enclosing the food in a shell with the food against the shell, the shell having an outer surface that is outwardly exposed, the shell consisting of metal having a substantially uniform thickness selected from the group consisting of: if

aluminum, about 1.4mm to about 2mm; and if stainless steel, about 0.4mm to about 0.7mm;

locating the shell in ~~radiative~~ proximity to a heat source, ~~the heat source~~  
~~substantially radiatively directed~~ at the outer surface of the shell; and

directing fast heat transfer from the outer surface through the metal of the  
shell, via the ~~substantially radiatively directed~~ heat source ~~to the shell~~;

wherein the ~~radiatively directed~~ heat source, via the fast heat transfer from  
the outer surface through the metal of the shell, heats gas contained within the  
shell, causing the gas to circulate within the shell, substantially convectively  
heating the food in the shell without significant pressure inside the shell.

Claim 15 (currently amended): The method of claim 14, further comprising the  
steps of:

supplying a substantially continuously curvilinear pan ~~of thin thickness~~;  
placing the food in the curvilinear pan; and  
engaging a substantially continuously curvilinear top ~~of thin thickness~~ atop  
the pan thereby forming the shell.

Claim 16 (original): The method of claim 14, further comprising the steps of:

re-using the shell for cooking.

Claim 17 (original): The method of claim 15, further comprising the step of:

re-using the pan and the top for cooking.

Claim 18 (original): The method of claim 14, further comprising the step of:

serving the food inside the shell via a portion of the shell selected from the group consisting of: the top and the pan.

Claim 19 (original): The method of claim 15, further comprising the step of:

serving the food inside the pan.

Claim 20 (previously presented): A cooked food product made by the method of claim 14.

Claim 21 (previously presented): A cooked food product made by the method of claim 15.